

*\* Reservation required, call  
Just For Seniors at 558-6618 &  
press 1*

*\*\*HICAP Appointment Line:  
1-800-434-0222*

*\*\*\*Weight Watchers every  
Monday, 12 to 1 pm 12-week  
program – Ends May 16/05  
Contact Tasha @ 558-6060*

*Loma Linda Senior Center  
"The Gathering Place"  
Telephone: (909) 799-2820  
25571 Barton Road  
(Behind City Hall and the Fire Station  
on Loma Linda Drive)*

**JULY 2005**

*Call Claude for Party Bridge –  
795-1995*

*Call Joanne for the Ukulele  
Club – 796-8934*

*Call Keoki (George) Ariola for  
Intermediate Ukulele - 534-6093*

*Arvin Leach for watercolor  
workshop - 797-5266*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					<b>1</b>  SENIOR CENTER CLOSED
<b>3</b>  SENIOR CENTER CLOSED	<b>4</b> <u><b>INDEPENDENCE DAY</b></u>  CIVIC & SENIOR CENTERS CLOSED	<b>5</b> Ukulele Club 9 -11 am Strength & Balance Exercise video 1:30 – 2:30 pm	<b>6</b> Computer 101/102* 1- 3 & 3 -5 pm  Movie & Refreshment 2:30 pm	<b>7</b> <u>Water color Workshop</u> <u>9 am to 12 pm</u> Sit & Fit Exercise Video 9:00 am Focus on Healing 10-11 am <u>Intermediate Ukulele –</u> <u>1-3 pm</u> Party Bridge 1 - 5 pm	<b>8</b>  SENIOR CENTER CLOSED
<b>10</b>  SENIOR CENTER CLOSED	<b>11</b> Senior Painters Instructions by Betty Hayes 9 to 11 am Cost: \$3.00 ***Weight Watchers 12-1 pm  Intermediate Ukulele – 1-3 pm	<b>12</b> Ukulele Club 9 -11 am <u>Braille Inst. Van</u> <u>12-2 pm</u>  Strength & Balance Exercise video 1:30 – 2:30 pm	<b>13</b> <u>Memory Loss Clinic</u> <u>9 am-12 pm</u>  Computer 101/102* 1- 3 & 3 -5 pm Movie & Refreshment 2:30 pm	<b>14</b> <u>Water color Workshop</u> <u>9 am to 12 pm</u> Sit & Fit Exercise Video 9:30 am  Party Bridge 1 - 5 pm <u>HICAP 1:00 – 4 pm**</u>	<b>15</b>  SENIOR CENTER CLOSED
<b>17</b>  SENIOR CENTER CLOSED	<b>18</b> Senior Painters Instructions by Betty Hayes 9 to 11 am Cost: \$3.00 ***Weight Watchers 12-1 pm <u>Intermediate Ukulele –</u> <u>1-3 pm</u>	<b>19</b> Ukulele Club 9 -11 am Strength & Balance Exercise video 1:30 – 2:30 pm  <u>Sr Center Bd. 3 pm</u>	<b>20</b> Computer 101/102* 1- 3 & 3 -5 pm  Movie & Refreshment 2:30 pm	<b>21</b> <u>Water color Workshop</u> <u>9 am to 12 pm</u> Sit & Fit Exercise Video 9:30 am  Party Bridge 1 - 5 pm <u>Intermediate Ukulele –</u> <u>1-3 pm</u>	<b>22</b>  SENIOR CENTER CLOSED
<b>24</b>  SENIOR CENTER CLOSED	<b>25</b> Senior Painters Instructions by Betty Hayes 9 to 11 am Cost: \$3.00 ***Weight Watchers 12-1 pm	<b>26</b> Ukulele Club 9 -11 am Strength & Balance Exercise video 1:30 – 2:30 pm	<b>27</b> <u>Senior Health Clinic</u> <u>9 –11 am</u> <u>Memory Loss Clinic</u> <u>9 am-12 pm</u> Computer 101/102* 1- 3 & 3 -5 pm Movie & Refreshment 2:30 pm	<b>28</b> <u>Water color Workshop</u> <u>9 am to 12 pm</u> Sit & Fit Exercise Video 9:30 am Party Bridge 1 - 5 pm <u>HICAP 1:00 – 4 pm**</u>	<b>29</b>
<b>31</b> SENIOR CENTER CLOSED					